

a substantially rectangular seat having an underside, a front seat edge, a back seat edge, and first and second opposing side seat edges, the seat having a width of about 20 inches and a depth of about 14 inches, the seat further having first and second back seat corners formed at intersections of the back edge with the first and second side seat edges;

first and second back posts having lengths of about 42 inches, the back posts being secured to the seat at the first and second back seat corners, the back posts extending downward about 22 inches from the seat;

first and second side panels formed substantially as rectangles having bases about 22 inches in depth and back edges about 18 inches in height, each side panel having a substantially rectangular portion removed from a front upper corner thereof, the substantially rectangular portion being about 8 inches in height and between about 7 and 9 inches in depth, thereby leaving an upper edge on each side panel, each upper edge being about 14 inches in length, the upper edges supporting the seat, the back edges being secured to and supported by the back posts;

a substantially rectangular footrest stationarily disposed on and supported by the side panels at a position about 8 inches below the seat, the footrest having:

- a width substantially the same as the width of the seat;

- a front edge and a back edge, the front edge being not less than 7 inches and not more than 9 inches from the back edge;

- two front corners; and

- an underside; and

first and second front legs secured to the underside of the footrest at the front corners and extending below the footrest, whereby an individual sitting on the seat is able conveniently to put on and remove footwear when feet of the individual are placed on the footrest.

4. The chair as set forth in claim 3, further comprising a storage compartment disposed below the seat.
5. The chair as set forth in claim 4, further comprising:
 - first and second front posts, the front posts being secured to front edges of the side panels and extending upward from the bases of the side panels to upper extents about 12 inches above the footrest;
 - first and second arms, the arms having back edges and front ends, the back edges being secured to the back posts at a height about 4 inches above the seat, the arms extending forward horizontally from the back posts to a position above the upper extents of the front posts, the front ends of the arms being secured to and supported by the upper extents of the front posts.
6. The chair as set forth in claim 4, further comprising an upper face having a width substantially the same as the width of the seat, the upper face extending below the front seat edge to the back edge of the footrest.
7. The chair as set forth in claim 6, further comprising a lower face having a width substantially the same as the width of the seat, the lower face extending about 4 inches below the front edge of the footrest.
8. The chair as set forth in claim 7, further comprising three ladder-back supports, disposed between and attached to sides of the back posts, the ladder-back supports having widths of about 2 ½ inches.
9. The chair as set forth in claim 3, wherein the chair is constructed of at least one type of material selected from the group consisting of sheets of plywood, oriented strand board, medium density fiberboard, wood, metals, polymers, and composites.
10. The chair as set forth in claim 9, wherein the composites comprise glass-filled polymers.

11. A method, comprising:

providing a chair having:

a substantially rectangular seat having an underside, a front seat edge, a back seat edge, and first and second opposing side edges, the seat having a width of about 20 inches and a depth of about 14 inches, the seat further having first and second back seat corners formed at intersections of the back edge with the first and second side edges;

first and second back posts having lengths of about 42 inches, the back posts being secured to the seat at the first and second back seat corners, the back posts extending downward about 22 inches from the seat;

first and second side panels formed substantially as rectangles having bases about 22 inches in depth and back edges about 18 inches in height, each side panel having a substantially rectangular portion removed from a front upper corner thereof, the substantially rectangular portion being about 8 inches in height and no more than 9 inches in depth, thereby leaving an upper edge on each side panel, each upper edge being about 14 inches in length, the upper edges supporting the seat, the back edges being secured to and supported by the back posts;

a substantially rectangular footrest having a width substantially the same as the width of the seat, having a front edge and a back edge, the front edge being not more than 9 inches from the back edge, the footrest having two front corners and an underside disposed on and supported by the side panels at a position about 8 inches below the seat;

first and second front legs secured to the underside of the front corners of the footrest and extending below the footrest;

first and second front posts, the front being secured to front edges of the side panels and extending upward from the bases of the

side panels to upper extents about 12 inches above the footrest;
and

first and second arms, the arms having back edges and front ends,
the back edges being secured to the back posts at a height
about 4 inches above the seat, the arms extending forward
horizontally from the back posts to a position above the upper
extent of the front posts, the front ends of the arms being
supported by the upper extents of the front posts;

standing in front of the chair facing away from the seat;

place hands onto the front ends of the arms;

using the arms to lower to a sitting position on the chair;

lifting feet onto the footrest; and

putting footwear onto the feet.

12. The method as set forth in claim 11, further comprising removing footwear
from the feet.